Infant Foods

Infant Formula

✓ Brand, type, and size shown on check

Go to a WIC-approved pharmacy to buy hard-to-find formula.

DO NOT BUY:

X Organic formula

Infant Cereal

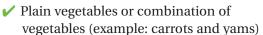
- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce size box

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- X Iar or can

Infant Vegetables & Fruit

✓ Brand, type, and size shown on check



- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Multi-packs OK (a 2 pack = 2 containers)

DO NOT BUY:

- X Organic or with DHA
- **X** With meat, yogurt, cereal, pasta, or rice
- X Dinners, desserts, soups, stews, or diced
- X Less than 3.5 or greater than 4 ounce container

Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Brand, type, and size shown on check
- ✓ Plain chicken, turkey, beef, lamb, veal, or ham

DO NOT BUY:

- X Organic or with DHA
- X With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stews, or soups

Soy Beverage

BUY:

- ✓ Container size shown on check
- ✓ Half gallons (refrigerated): 8th Continent Original
- ✓ Ouarts (shelf-stable): Pacific Natural Foods Ultra Soy Plain

DO NOT BUY:

- **X** Any flavors
- X Light or fat-free

Lite Extra Firm

Tofu

BUY:

- Amount shown on check
- ✓ 12 to 16 ounce container

AZUMAYA: Extra Firm, Firm, Silken,





HOUSE: Extra Firm, Firm, Medium Firm (Regular), Soft (Silken) NASOYA: Extra Firm, Firm, Cubed, Soft, Silken, Lite Firm, Lite Silken

DO NOT BUY:

- X Less than 12 or greater than 16 ounce container
- With added sodium, flavoring, fat, or oil

OUESTIONS? Ask your WIC staff or call the State WIC Office at 1-800-242-4WIC (4942) or visit our website at www.mdwic.org

This institution is an equal opportunity provider and employer.





Better

nutrition

choices for

a brighter

future

MARYLAND WOMEN, **INFANTS & CHILDREN PROGRAM**







AUTHORIZED FOODS LIST

Bring this list when you shop for WIC foods!

Milk

BUY:

- ✓ Store brand if available
- ✓ Container size shown on check
- ✓ 1% (low fat) or fat-free (nonfat) if woman or child 2 years and older
- ✓ Whole milk if child less than 2 years

BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free
- ✓ Powdered (dry, whole or nonfat)
- Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- ★ 2% milk or buttermilk
- Chocolate or other flavor
- X Organic, rice, or goat milk
- Sweetened condensed

Cheese

BUY:

- ✓ Block or sliced
- ✓ American, Cheddar, Colby, Monterey Jack,
- Mozzarella, Muenster, Provolone, or Swiss
- ✓ Low fat, reduced fat, and low sodium OK

DO NOT BUY:

- X Size less than 8 ounces
- X Organic or imported
- X Deli, string, or individually wrapped
- X Cheese food, spread, or product
- X Cream cheese
- X Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

- ✓ Store brand if available
- ✓ White, medium or large
- One dozen only

DO NOT BUY:

- X Organic, brown, fertile, or cage free
- ✗ Low fat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Beans like kidney. pinto, black, navy, garbanzo, or lima
- ✓ Split peas, blackeye peas, or lentils
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can

DO NOT BUY:

- **X** Organic
- ✗ Green or wax beans, sweet peas*
- X Soup, soup mixes, or with flavor packets
- **X** Beans with sauce, meat, fat, or oil
- *BUY with your WIC Fruit & Vegetable Check

Peanut Butter

BUY:

- ✓ Plain, 16 to 18 ounce jar
- ✓ Smooth, crunchy, extra crunchy, creamy, or honey-roasted

DO NOT BUY:

- X Organic, natural, or reduced fat
- X Mixed with marshmallow, jelly, jam, honey, or chocolate
- **X** Fresh-ground

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can



DO NOT BUY:

- X Albacore or white tuna
- **X** Red salmon
- **X** Fish with added flavor or sauce
- X Organic, low sodium, or gourmet
- X Pouch, bowl, or kit







Vegetables & Fruit (Organic is OK)

Fresh

BUY:

✓ Loose or pre-packaged

- ✓ Whole or cut
- ✓ Sweet potatoes and yams are OK

DO NOT BUY:

- **X** White, red-skin, or gold potatoes
- X Salad bar items, party platters, fruit baskets
- X Herbs, nuts, peanuts
- X Salad kits with nuts, croutons, or dressing
- **X** Fruit or vegetables with dips
- X Dried fruit

Frozen

BUY:

- ✔ Plain
- ✓ Bag or box
- ✓ Low sodium OK

DO NOT BUY:

X French fries, tater tots, or other white potatoes

Broccoli

- **✗** WIC or other juice*
- **X** Soup
- **X** With potato, rice, or pasta
- X With breading, butter, sauces, fat, oil, or meat
- **X** With sugar

Canned

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK

DO NOT BUY:

- X WIC beans,* pork and beans, or baked beans
- **X** WIC or other juice*
- × Soup
- With added white potato, meat, fat, oil, rice, or pasta
- ✗ Sugar-sweetened or in syrup
- **X** With artificial sweetener
- X Pickled vegetables, relishes, catsup
- X Cranberry sauce, pie filling
- * BUY WIC juice and WIC beans with your other WIC checks.

Fruit Juice

BUY:

- ✓ 100% juice, unsweetened
- ✓ Brands and types shown here only
- ✓ Can, carton, or bottle size shown on check
- ✓ With calcium OK

DO NOT BUY:

- **X** Glass bottles
- Organic or fresh-squeezed
- **X** Fruit cocktail, punch, or drink

Frozen Concentrate: For Women



Any Brand



Any Brand



Pineapple



Purple grape





Apple, Pineapple, Purple grape, YELLOW White grape TEAR STRIP - WITH GREEN TEAR STRIP

Shelf-stable Concentrate: For Women



Apple

WELCH'S Apple, Purple grape, White grape WITH YELLOW TEAR STRIP

59 to 64 ounce Container: For Children





SENECA

Apple,

Purple grape







JUICY JUICE



WELCH'S Purple arape. Red grape, White grape



OLD ORCHARD

Apple,

Purple grape,

White grape

Remember, breastfeeding is best for you and your baby.

Apple

Whole Grain Bread & Rolls

✓ 1 pound or 15 to 16 ounce package

Arnold Stone Ground 100% Whole Wheat Bread Food Lion 100% Whole Wheat Bread Giant Wheat Bread

Giant Stone Ground 100% Whole Wheat Bread Great Value 100% Whole Wheat Bread

Mars Wheat Bread

Healthy Life 100% Whole Wheat Bread Nature's Own 100% Whole Grain Sugar Free Pepperidge Farm 100% Whole Wheat Bread Pepperidge Farm Very Thin Sliced 100% Whole Wheat Bread Pepperidge Farm Light Style Soft Wheat Bread Roman Meal Sungrain 100% Whole Wheat Bread Sara Lee Classic 100% Whole Wheat Bread Schmidt Old Tyme 100% Whole Wheat Whole Grain Bread Schmidt Old Tyme Whole Grain Sugar Free Bread Schmidt Whole Grain 100% Whole Wheat Sandwich Rolls Schmidt Whole Grain 100% Whole Wheat Hotdog Rolls Shoppers 100% Whole Wheat Bread Weight Watchers 100% Whole Wheat Bread

DO NOT BUY:

X Raisin or other bread with fruit or nuts

Weight Watchers Wheat Sandwich Rolls

Wonder Soft 100% Whole Wheat Bread

- X Pita or bagel bread or English muffins
- X Organic or size less than 15 ounces

Soft Corn & Whole Wheat Tortillas

BUY:

✓ 1 pound (16 ounce) package

Buena Vida Whole Grain Tortillas Celia's Corn Tortillas ChiChi's White Corn or Whole Wheat Tortillas Don Pancho White Corn or Whole Wheat Tortillas La Burrita Yellow Corn Tortillas La Banderita White Corn or Whole Wheat Tortillas Mission Yellow Corn or Whole Wheat Tortillas Ortega Whole Wheat Tortillas

DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- **X** White flour tortillas or with any added flavors
- **X** Organic

Brown Rice

BUY:

- ✓ Dry, plain
- ✓ Regular, quick-cooking, boil-in-bag, or instant
- ✓ 1 pound or 14 to 16 ounce package

DO NOT BUY:

- **★** Ready-to-serve or precooked in pouch
- Rice with added flavor, sauce, or vegetables ★ Organic or size less than 14 ounces

- **BUY:** ✓ Brands and types shown here, only
- ✓ 12 ounce size box or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

X Organic



GENERAL MILLS Cheerios -

GENERAL MILLS

Corn Chex

GENERAL MILLS

KELLOGG'S

Complete Wheat

All Bran 💳

Wheat Chex 🚗



MultiGrain Cheerios -



GENERAL MILLS

GENERAL MILLS

Rice Chex

05

GENERAL MILLS

Wheaties -

Corn Flakes

GENERAL MILLS MultiBran Chex



GENERAL MILLS



KELLOGG'S Unfrosted -Mini Wheats





Cereal — You can combine different cereals



Banana Nut Crunch 💳

POST

Grape Nuts Flakes



POST Bran Flakes 🖛

KELLOGG'S

Rice Krispies



POST Honey Bunches of Oats –



OUAKER Instant Grits, Original Flavor



Cream of Wheat -

Whole Grain

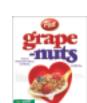
1 Minute, 2 1/2 Minute, 10 Minute

B&G FOODS

Cream of Wheat – Instant,



KELLOGG'S Special K



Grape Nuts -



QUAKER Cinnamon 🚐 Oatmeal Squares



- Indicates Whole Grain Food

Ways to buy up to 36 ounces of cereal

+18 ounces 36 ounces

36 ounces

31.5 ounces









